

The APTA/Colorado Chapter is proud to partner in this audio conference series co-sponsored by the **Cardiovascular & Pulmonary** and the **Acute Care Sections** of the APTA

“OBESITY: How Physical Therapy Can be Used to Prevent and Treat Obesity”

A Three-Session Lunch & Learn Audio Conference Series
11:00 a.m. to 12:30 p.m. Mountain Time

Tuesday, March 9, 2010 by Jim Farris, PT, PhD, Author/Speaker	"Childhood Obesity, Cardiovascular Risk Factors, and Prevention Programming" (register by March 2)
Tuesday, March 23, 2010 by Ira Gorman, PT, MSPH and Susan Scherer, PT, PhD	"How Physical Therapists Address Obesity in Clinical Practice" (register by March 16)
Tuesday, April 6, 2010 by Tamara L. Burlis, PT, DPT, CCS	"Physical Therapy for the Client Pre- and Post-Operative Following Bariatric Surgery" (register by March 30)

Audio Conference Descriptions

March 9: This audio conference will discuss the current prevalence of childhood obesity and related co-morbidities, plus the relationships between childhood obesity, physical fitness and wellness, and parental influences. Components of successful interventions geared toward children who are overweight or obese will be presented, and the procedures and outcomes from selected intervention programming will be addressed.

March 23: This session will assist participants in understanding the measurement of obesity in community based screening and in a general practice setting. Current guidelines regarding obesity management will be discussed with application to clinical practice. Other practice issues will include monitoring of patients during physical therapy sessions, improving clinical outcomes with methods of tracking the relationship of obesity to physical therapy intervention, and prevention opportunities for physical therapists using community and environmental level interventions.

April 6: Obesity is associated with numerous co-morbidities that lead to serious health consequences, functional limitations and disabilities. In light of the myriad compromises to health and function, physical therapists must be prepared to address obesity as a primary diagnosis as well as a secondary condition. Specific strategies for examining dysfunction and planning interventions for individuals who are obese must address mechanical and physiological impairments, and promote long-term adherence to a physically active lifestyle. This session will assist participants to understand the bariatric surgeries that are available to clients and to identify the important role that physical therapists can play in the management of clients/patients prior to and following bariatric surgery to improve and promote movement and function. This session will enable participants to apply and adapt screening, examination, evaluation and group intervention strategies for clients who are obese. Case studies will be utilized to reinforce concepts learned.

Conference Objectives – upon completion, you will be able to:

"Childhood Obesity, Cardiovascular Risk Factors, and Prevention Programming" - March 9

- Describe and discuss the prevalence of children who are overweight or obese in relation to the health care implications of treating a relatively young generation that is at risk for a number of lifestyle diseases;
- Identify and discuss the cardiovascular risk factors that are associated with obesity in the child and adolescent populations;
- Discuss and summarize the literature related to effective programs aimed at the prevention and control of obesity in children;
- Be familiar with procedures and outcome measures utilized in the assessment of intervention programs aimed at preventing or controlling obesity in children;
- Realize the importance of parental perceptions and influences on the body mass status of their children;
- Value the need for collaboration with other health care professionals, marketing, public relations, and outcome assessment for implementing and maintaining a comprehensive intervention program;
- Incorporate the successful components and outcome measures of intervention programs into the design of an intervention program that will fit the needs of your local population.

"How Physical Therapists Address Obesity in Clinical Practice" - March 23

- Understand the prevalence of obesity and implications for health and function;

- Describe methods for measuring obesity in physical therapy screening and examination;
- Identify current guidelines for obesity management related to physical activity and weight loss;
- Discuss risk factor monitoring for patients with obesity receiving physical therapy;
- Identify ways of incorporating tracking of obesity in physical therapy outcome measurement;
- Describe opportunities for prevention of obesity related problems in the public and physical therapy patients.

"Physical Therapy for the Client Pre- and Post-Operative Following Bariatric Surgery" - April 6

- Understand the prevalence and implications for health and function of obesity;
- Discuss the prevalence of bariatric surgery and potential complications affecting the musculoskeletal system;
- Design appropriate screening, examination and exercise interventions pre and post bariatric surgery;
- Identify mobility impairments, functional limitations and disabilities and methods to address interventions;
- Create strategies and educational materials to supplement a group exercise intervention and promote long term adherence to physically active lifestyles.

Another Member Benefit brought to you by the APTA/Colorado Chapter

7400 East Arapahoe Road #211 • Centennial, CO 80112-1281 • www.apta.org • aptaco@assnoffice.com

"OBESITY: How Physical Therapy Can be Used to Prevent and Treat Obesity"

A three-session Audio-Conference series

Tuesdays, March 9, March 23, April 6, 2010 * 11 a.m. to 12:30 p.m. Mountain Time

This is how it works... If paying by check, complete this Registration Form for your PT practice and return to the Colorado Chapter by the deadline. If paying by credit card, register secure on-line at www.aptaco.org. On the Monday before each session, registered locations will be sent an email confirmation with dial-in information and a web link to download handout materials. Join the call by dialing the toll-free number and giving the conference ID number. Gather your staff and listen via speakerphone to the presentation, follow along with the handouts and participate in live, interactive Q&A. PLEASE NOTE: Registration fees are based on each dial-in connection; multiple call-ins from your agency will be charged. We are unable to accommodate more than one agency per call-in. Certificates of attendance will be mailed after evaluations are received.

TWO SIMPLE WAYS TO REGISTER

BE SURE TO INCLUDE ALL INFORMATION REQUESTED BELOW:

1. **Pay by credit card and register secure on-line** at: www.aptaco.org
2. **Pay by check and mail** form and check to APTA/Colorado Chapter, 7400 E. Arapahoe Road #211, Centennial, CO 80112-1281

Please register by the session's deadline to guarantee that you receive confirmation details and handouts.

You must contact us by the session deadline date if you have special needs or require additional assistance or accommodation to participate in this audio conference.

Confirmations with calling instructions will be sent via email. *

PT Practice/Facility Name: _____

Contact Person: _____

Address: _____

City/State Zip Code: _____

Phone: _____

Fax: _____

Email*: _____

Number of Participants Expected to Attend from your Practice: _____

Select Your Session(s) -- Register for more than one and save \$\$\$:

- | | | |
|--|--|------------------------|
| <input type="checkbox"/> Tuesday, March 9, 2010 | "Childhood Obesity, Cardiovascular Risk Factors, and Prevention Programming" | (register by March 2) |
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Please circle as appropriate

This fee includes one dial-in connection. Additional fees will be charged if there are multiple dial-ins. Written requests for refunds received on or before the registration deadline for each session will receive a 50% refund, less a \$50 processing fee for the cancelled session. Fees are non-refundable after this date; There are no refunds for no-shows.

	1 Session	2 Sessions (w/discount)	3 Sessions (w/discount)
Practices with 4 or more PTs on staff	\$149	\$289	\$429
Practices with 2 – 3 PTs on staff	\$139	\$269	\$399
Practices with only one PT on staff	\$129	\$249	\$369

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For APTA Use	Received _____	M/NM DB _____	Paid\$ _____	Ck#CC _____
Auth _____	Q _____	Due \$ _____	Inv/date _____	Confirm Sent _____